

NOVEMBER 2016

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.

The Spencer Senior Center and Community Center Monday through Thursday 9:00 AM through 3:00 PM
508-885-7546

ELDERBUS

IN TOWN TRANSPORTATION DAILY:

MEDICAL APPOINTMENTS IN WORCESTER ON

MONDAY, WEDNESDAY FRIDAY.

48BUSINESS HOUR NOTICE 1-800-321-0243



I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIALSECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNSELOR. PLEASE CALL THE CENTER AT 508-885-7546

Medicare Open Enrollment Deadline Is Here – SHINE Can Help Seniors Make Sense Of It All

BOSTON - Don't Ignore Your Medicare Mail! It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan. It is important to **read** this information because it explains the changes in your plan for 2017.

During the annual Medicare Open Enrollment, **October 15 - December 7**, you will have a chance to CHANGE your plan for next year.

We can help make sense of the information. Trained [SHINE \(Serving the Health Insurance Needs of Everyone\)](#) Counselors can help you understand your plan changes as well as what other options are available to you. Be sure you have the coverage that best meets your needs! SHINE counselors are in every community and there are still appointments available. Sign up fast!

Call your local senior center to get a SHINE appointment during Open Enrollment or call 1-800-AGE-INFO (1-800-

YOGA

Need to improve your balance? Stretch and strengthen? This is a class for you!

Tuesday and Thursday mornings at 9:30 You do not have to get on the floor for this class.

Cost is \$3 per class or you may sign up for the 12 week session for \$15 if a resident, \$20 for non-residents.

Just come in and sign up!

EXERCISE

Get in shape with and have fun at the same time!

Looking for a good work out? This is it! You'll do aerobics to rock and roll music and it is tailored for your ability. No need to be intimidated. Tuesday and Thursday morning at 10:30.

Cost is \$3 per class or you may sign up for the 12 week session for \$15 if a resident, \$20 for non-residents.

Tai Chi

This gentle form of exercise can help maintain strength, flexibility and balance, and could be the perfect activity for the rest of your life. Tai chi is often described as "meditation in motion," but it might well be called "meditation in motion. \$3 per class,

\$10 per 12 week session for residents, \$15 per 12 week session for non-residents.

LINE DANCING

We offer 2 classes. The first class at 12:30 is for individuals who are already line dancing. The second class is for those just beginning. If you have never line danced before but want to learn, burn calories and have a great time doing it, join our beginners class for those who have never done a line dancing class beginning on November 9.

Cost for these classes are \$3 per class or \$10 for a 12 week session for residents, \$15 per class for non-residents.

Come kick up your heels and get in shape at the same time.

NOVEMBER LUNCHES

Lunch is served Tuesday and Thursday only if 10+ sign up.

We need a 2 day notice for the caterer.

Lunch is served between 12:00 and 12:30

November 1: Chicken/Asparagus/Potato/Carrots/Fruit

November 3: Hot Dog/Baked Beans/Fresh Fruit

November 8: Beef/Mashed potato/Corn/Fruit

November 10: Spaghetti & Meatballs/Green Beans/Peaches

November 15: Hot Dog Bar/Dessert

November 17: Mac and Cheese/Carrots/Stewed tomatoes/cake

November 22: Roast Turkey/Potato/Squash/Stuffing/Cream Puffs

November 29: Meatballs/Gravy/Noodles/Veggies/Yogurt

Suggested voluntary donation is \$3

MEDICARE OPEN ENROLLMENT

You have until December 7, 2016 to pick

Or change your supplemental coverage.

Don't put it off!

Please pay attention to all of your mail from

Medicare and your insurance provider

Most insurance premiums will be increasing.

You may make an appointment to meet with

A SHINE counselor here at the center.

All SHINE counselor's go through rigorous

Training. These are volunteer positions so

appointments are limited

Call the office for an appointment 508-885-7546

THAT WAS THE YEAR.....1975

President and Vice President: Gerald Ford and Nelson Rockefeller

Headlines: President Ford Escapes Assassination Attempt in Sacramento California On September 5, 1975

President Escapes Second Assassination Attempt in 17 Days

John Mitchell; H.R. Haldeman; John Ehrlichman found guilty of Watergate Cover-up

U.S. Carries Out Operation "Baby lift" Bringing Vietnamese Orphans to The U.S.

U.S. Pulls Out of Canada

War in Vietnam Come to an End In April

Cost of Living:	Gallon of Gas-44¢	Stamp: 10¢ then jumped to 13¢ in December, 1975
	Car: \$4,250	Average Income: \$14,100 per year
	House: \$39,300	Minimum Wage: \$2.10 per hour
	Average Rent: \$200 per month	Life expectancy 72.6 years

Cost of Food:	Eggs-84¢ dozen	Sugar-65¢ for 5 lb. bag
	Milk-\$1.65 Gallon	Coffee-\$1.12 lb.
	Bread-28¢ lb.	

Sports:

SUPER BOWL: Pittsburgh d. Minnesota (16-6)

World Series: Cincinnati d. Boston (4-3)

NBA Championship: Golden St. Warriors d. Washington Bullets (4-0)

Stanley Cup: Philadelphia d. Buffalo (4-2)

Technology:	Trans- Alaska Pipeline system begins	Bic announces first disposable razor
	Motorola obtains patent for first mobile phone	Sony introduces Betamax tapes
	The word Microsoft becomes a trademark	
	NASA launches Viking 1 towards Mars	



Celebrity Births:	Angelina Jolie	David Ortiz	Allen Iverson
	David Beckham	Michael Buble	Drew Barrymore
	Tiger Woods	Alex Rodriguez	Fergie
	Bradley Cooper	Kate Gosselin	Mel B
	Kate Winslet	Eva Longoria	

Deaths:	Aristotle Onassis	Rod Serling	Moms Mabley
	Jimmy Hoffa	Fredric March	Josephine Baker
	Susan Hayward	Mo Howard	



NOVEMBER 2016



Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	2 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	3 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	4
6	7 9:30 Cribbage \$1 Bakery	8 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic 12:00 Lunch 1:00 Bingo	9 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	10 Closed 	11
13	14 9:30 Cribbage \$1 Bakery	15 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	16 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	17 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	18
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All programs at the senior center are fully funded by a Formula grant through the Executive Office of Elder Affairs